

POWERFUL Tools for Caregivers

A Mather LifeWays Program

THURSDAYS

**August 12 - September 16
from 12:30-3:00**

At the Tyvola Senior Center

*Classes consist of six, 2 ½ hour class
sessions held weekly.*



**Call
704-522-6222
To Register**

Do you care for someone with a chronic illness?

FREE Class!

In this class you will:



Learn the tools you need to take care of yourself



Reduce stress



Improve self-confidence



Balance your life



Better communicate your feelings



Increase your ability to make better decisions



Locate helpful resources

Tyvola Senior Center
2225 Tyvola Rd.
Charlotte, NC 28210
(704) 522-6222



"A Nonprofit Organization Since 1984"